

BERNAL JOURNAL

A COMMUNITY NEWSPAPER SERVING BERNAL HEIGHTS AND SAN FRANCISCO

October

Volume 17 No. 4

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Folk dancing was just one of many festivities at the 1965 Bernal Heights Fair in Precita Park.

Lee Egger

Bernal Folks Festival

Saturday, Oct. 11th.

Dance to the Music

by Larry James

COME TO HOLLY PARK, on Saturday, Oct. 11th, for the **Bernal Folks Festival** celebration. Bring a picnic, spend the day listening to music — Salsa, rock, jazz — and lots more.

In all of San Francisco there is not a more diverse group of people than the residents of Bernal; come and share your day with your neighbors.

The first Bernal Heights fair was preceded only by the Grant Street fair. The fair started as a day in Precita Park in the early 60s. It was sponsored in those days by the Bernal Heights Association, who published the first *Bernal Journal* as a fair announcement. For several years after that first fair, the paper was published

annually for the fair. In the mid and late 60s the fair was moved to Holly Park where it was later discontinued, a victim of the turbulent times.

The spirit of the 1980 Bernal Folks Festival is to share the many different lifestyles and cultures which we find in Bernal. The diverse yet harmonious groups who live on our hill present as colorful a picture as you will find anywhere in the City. Come and enjoy the day and the many activities. Wear a costume of your land or of your imagination if the idea moves you. Set up a display booth (contact: Jeanne Hamer, 285-3425). Introduce yourselves to your neighbors: your kids to the kids on the next block. Bring your friends, or come alone and make a friend — COME AND ENJOY. ■

FESTIVAL SCHEDULE

10:00 a.m.
Frass-Hauchon-Quarter Group
10:40 a.m.
Victory Temple Sunshine Band
Victory Temple Youth Choir
11:00 a.m.
Brass Knights of Bernal Heights
11:40 a.m.
Peruvian Dancers
11:50 a.m.
Festival people
12:00 noon
Formula Fed
12:40 p.m.
Cakes, Inc.
12:50 p.m.
Oz Koosed & Etta Hallock
Jitterbug King & Queen of S.F.
1:00 p.m.
Giles Brothers
1:40 p.m.
The Iulio Sisters, Samoan dancers
1:50 p.m.
Sweet Impressions
2:00 p.m.
Kashmir
2:40 p.m.
Mechanical Twins
2:50 p.m.
Amy Jaquith, rhythm tap dancer
1:50 p.m.
Sweet Impressions
2:00 p.m.
Kashmir
2:40 p.m.
Mechanical Twins
2:50 p.m.
Amy Jaquith, rhythm tap dancer
3:00 p.m.
Phaze II
3:40 p.m.
Gaetana the Mime
3:50 p.m.
Community people
4:00 p.m.
Harvey

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Inside...

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BERNAL JOURNAL

A COMMUNITY NEWSPAPER SERVING
BERNAL HEIGHTS AND SAN FRANCISCO

The *Bernal Journal* is an open forum of the community sponsored by the Bernal Fund. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles with by-lines express the views of the individual and not necessarily those of the *Journal* or its editors.

The next meeting of the *Bernal Journal* is:
WEDNESDAY, November 5, 8p.m.

399 Cortland

Deadlines for ads, classifieds, cartoons, photos, announcements, and articles is:

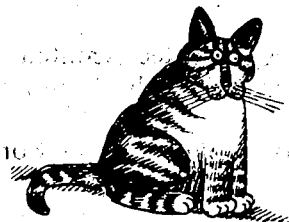
NOVEMBER 21

All manuscripts must be typed, double-spaced. We reserve the right to edit all articles for clarity or space.

EDITORS: Barbara Bagot, Barbara Kosman
COMMUNITY REPORTER: R.J. Dutra
TREASURER: Jerry Schwartz
ADVERTISING: Jerry Schwartz, Rex Coultas, Ken Camp, Lill Kruse, Greg Catani

CONTRIBUTORS: Festival Committees, Jo Molloy, Fred Strickland, Michael Lowrance, Pat Helton, Betty Kilich, Kate Esposito, Rocco Lodese, Joe Marino, Say Who, Pope John XXIII

Thanks to the BHCF Staff for their clean desks!



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Typesetting by Green Mountain Graphics
Printing by Howard Quinn Company



from
the
editors

Greetings! Hope you enjoy this big, beautiful Bernal Folks Festival issue — truly a hillwide effort!

We've had a changing of the guard since our last regular issue. Bad news: Teri Jackson has moved out of Bernal Heights, and had to step down as co-editor. We wish her the best of luck in her new endeavors. Good news: Barbara Kosman of Precita Park is our new co-editor. Barbara is an aspiring fiction writer, teaches art at Solano College, is a member of Precita Eyes Muralists, and is studying graphic arts at City College. She is strongly committed to the Bernal Heights neighborhood, and has already proven to be a vital contributor to the *Bernal Journal*. And now, heeere's Barbara!

— BB

I'm pleased to be the new co-editor of the Bernal Journal. I'm looking forward to working with the great staff. It's exciting to be working on a paper dealing with community news and issues and continuing to bring you an interesting and informative newspaper.

— BK

Our apologies to Vernon Smith of SF Interaction — we lost our race with the deadline, so the Beep Baseball story will be in the next issue.

What's this? Another District Elections measure??? Yup — Proposition N is on the Nov. 4th ballot. Our tried and true method of electing supervisors by district — so they're more respon-

sive to the neighborhoods — was pulled out from under us by a pitiful voter turnout in August. Now there are over 60 candidates running in November in a citywide election. A YES vote on Proposition N will preserve district elections, keep the current board, and nullify the results of the citywide election. In other words, a vote for "N" is a vote for NEIGHBORHOODS. However you choose to vote, go to the polls and let your voice be heard on November 4th.

Time out for special thanks to special people: Dee Gap of Green Mountain Graphics... the *Neighborhood Perspective*... Lill Kruse and Fred Strickland for faithfully mailing out those *BJ*'s... and Jerry Schwartz, our hardworking interim ad manager.

We still need advertising people! 10% commission on new ads, 5% on renewals. Call Jerry at 821-3888.

One final note — apparently our community reporter is too modest to mention his own name in Precita News, so... CONGRATULATIONS TO BOB DUTRA, THE NEW DIRECTOR OF THE PRECITA CENTER!

Till next time...

— BB & BK

A note from Jerry

I would like to take this opportunity to personally thank all of our advertisers for having faith in us. Without them, we could never get these issues together and out to you, our readers. Please patronize them, folks — and tell them that you saw their ad in the BJ.

Also a note to all you nice Bernalians — come to the BHA booth at the festival on Oct. 11. Your membership entitles you to a year's subscription to the Bernal Journal.

— Jerry Schwartz

CONGRATULATIONS
STEVE & KATHY!

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YES ON N

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Yes on N



Rex Coultas

Bernal Leprechaun

INTERVIEW WITH MARK DUNN

by Rex Israel

Mark Dunn is an interesting and colorful personality. Perhaps you have passed by his house and wondered who lived there or why his house was painted the way it is, with murals and bright colors.

Situated at the bottom of Mullen just off of Alabama, Mr. Dunn's house is chock full of delightful old antiques and artifacts, and he is currently working on a mural which when completed will depict an Indian-Western scene with a wagon train encircling the entire living room.

Although he never had any formal art training, Mr. Dunn says he enjoys colors and doing and making things for himself, including occasionally a little oil painting.

Mr. Dunn purchased his home 18 years ago and has been furnishing it with antiques collected at auction sales over the years ever since. But the novel and unique exterior decorations on his home were the result of an ancient Halloween "trick or treat" incident.

While attempting to cover up the damage done by some mischievous neighborhood youth pranks one day, Mr. Dunn accidentally discovered the form of a man's legs on his front door. So instead of painting it a solid color, he decided to paint a picture which he calls "Astronaut's Dream."

He got the idea of fixing some sidewalk seats in front of his house so that "somebody could sit down and take a rest when they were going up the hill and were tired." The tiles he used were from the outside of a condemned building which he salvaged and came originally from the Phillipine Islands. Although City Hall at first balked at the idea, they later reconsidered and even congratulated Mr. Dunn for helping to make the street more attractive. And the two large lovely shade trees which Mr. Dunn paid for himself complete the idyllic setting. Mr. Dunn says he even enjoys sitting out there himself when the weather's nice and the sun is shining. ■

Women's Health

by Gail Caswell

The San Francisco Women's Health Center has moved to Bernal Heights. Previously located on 24th St., it is now happily situated in its new quarters at 14 Precita Ave. at Mission. The Center will open officially at the end of November or the beginning of December; until then, there is someone at the Center answering phone inquiries.

"The new location is a vast improvement over the old," says coordinator, Mona Bernstein, who has worked at the Center for four years. After nine years, the Center had outgrown its dark, damp one-room office on 24th St. A rent increase prompted the move, and now the Center has three rooms for reception, classes, and a resource library, plus the use of a conference room across the hall.

The San Francisco Women's Health Center began in the early days of the women's movement. A group of nurses, nursing students, and consumers of medical services became aware of numerous problems involving women's health care. Their search for solutions led some of them to start the Haight-Ashbury Women's Clinic; others formed the San Francisco Women's Health Center because they felt they could reach more women with a center for information and education concerning women's health care.

Around this time, Carol Downer, founder of the Feminist Women's Health Center in Los Angeles, did the first cervical self-examination. After women from the San Francisco Women's Health Center went to Los Angeles to learn how to do self-exams, they met for a year to observe their cervical changes, and the concept of "self-health" came into being.

The San Francisco Women's Health Center is based on the self-health model. Bernstein defines self-health as "women coming together in groups to learn about their bodies, sharing experiences and supplementing knowledge with research on medical information." She believes that the Center provides the tools to discover how our bodies work and how to care for them. The focus is on health in contrast to the "disease-oriented" medical system. However, Bernstein cautions, classes given at the Center must be considered a supplement to health care, not a substitute for it.

(continued on page 14)

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PROGRAM:
Designed to correct life-threatening hazards and serious code deficiencies for low-income Bernal Heights homeowners.

The Bernal Heights Community Foundation is a community based non-profit community development corporation in San Francisco. It is committed to affirmative action in all hiring. Minorities and Women are encouraged to apply.

Bernal Council³

by Carlos Alcalá & Kate Esposito

The Bernal Folks Festival is the first project of the newly-formed Bernal Council, which is becoming a broad-based organization of individuals and representatives of community groups active in Bernal Heights.

The Council Outreach Committee initiated festival planning to help draw the community together. The Council hopes to represent all interests in Bernal Heights and serve as the body to voice those interests in neighborhood affairs and city politics.

Initial planning for the Festival took form in two community meetings to decide what would be the nature and purpose of the organization. It was thought that a neighborhood festival would be a fun project and non-controversial in nature, something that folks from different walks of life and organizational perspectives could work together on easily. After the Festival, the Council will focus on neighborhood needs, services and the ways a Council could lend support to member organizations.

Once the Festival direction was decided upon, different committees organized to plan the various facets of the fair:

The Outreach Committee was formed to make contacts with community groups to draw them into the Festival. The Publicity Committee began to make plans for making the community aware of the festival and letting folks know of ways they could help.

The Entertainment Committee scouted Bernal Hill for local talent while the Booths Committee began taking applications from those who wanted to sell crafts or old recyclables or dispense information to the community.

A Logistics Committee is responsible for regulations, security and overall planning.

All committees are finalizing Bernal Folks Festival planning and looking forward to Oct. 11. If you want to jump on board, it's not too late! Call Larry at 647-3547 for any last minute chores we may have in store. ■



The secret's out! At last, a recipe for those famous cookies that have been tantalizing our tastebuds at BHA meetings for years. . .

OATMEAL SCOTCHIES FROM THE KITCHEN OF LILL KRUSE

Ingredients:
2 cups unsifted flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 cup butter, softened (2 cubes)
1½ cups firmly packed brown sugar
2 eggs
1 tbsp. water
1½ cups quick oats, uncooked
2 cups Butterscotch Morsels
½ tsp. orange extract

Preheat oven to 375 degrees. In small bowl, combine flour, baking powder, baking soda and salt. Set aside. In large bowl, combine butter, brown sugar, eggs and water; beat until creamy. Gradually add flour mixture. Stir in oats, butterscotch and orange extract. Drop by slightly rounded teaspoons onto greased cookie sheets. Bake at 375 degrees. Time: 10-12 minutes. Makes 48 3-inch cookies. ■



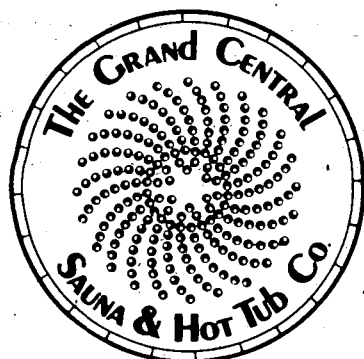
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They didn't win a victory on August 19th. They created chaos in a desperate attempt to regain their position. The chaos they created will cost the people of San Francisco the close attention to the people's business that they deserved when they elected 11 district Supervisors for four year terms.

The August Travesty

If they had won a clear victory in August, I would not be running for Supervisor today. What they won was a bizarre *special* election — an election that people didn't know was happening, an election that cost the City half a million dollars, with barely 15% of the electorate voting to repeal district elections, and this included 15,000 absentee votes paid for with illegal funds. On election day itself, they lost the election by 8,000 votes.

Downtown vs. Neighborhoods

They did not prove to *me* that a majority of San Franciscans want a downtown controlled city-wide Board. They proved only their contempt for the people of San Francisco and the depths to which they will go to protect corporate profits.

Though they did not win on August 19th, they *can* win in November if this coup is allowed to stand and their cronies are elected to the Board city wide. I intend to see that this does not occur; and I have confidence that *this time* the people of this city will turn out in large numbers to vote against this right wing takeover, just as they will turn out to vote against Ronald Reagan.

(continued on page 14)

I have declared my intention to run for Supervisor city wide. I want the people in District 9 to know why.

This will be a complicated and confusing election for the people of San Francisco and I am sincerely sorry that we all have to go through it. It is a situation created entirely by the small group of men who sponsored the August 19th special election to repeal district election of Supervisors. These men, the downtown Chamber of Commerce and the San Francisco Republican Party, have attempted to control San Francisco for many years. They began to see their power threatened as district Supervisors shifted power to the residents and neighborhoods of our city. And they wouldn't allow that to happen.

Public Hearings

by Robert Dutra, Open Space Committee

The Citizens Advisory Committee will hear public testimony and requests on open space, park and recreation needs Wednesday, Oct. 15th, 7:30 p.m., McLaren Lodge, at the Fell Street entrance to Golden Gate Park.

Several Bernal Heights individuals and groups have ideas and projects to bring before the Open Space Committee:

Residents near the Farmers Market and people working at the Bernal Recycling Center would like to see the littered slope and vacant land adjacent to the Market cleaned up, landscaped and better utilized.

Reforestation Bernal Peak with native grasses and plants is another long-term project which will require the permission, cooperation and assistance of the Recreation & Parks Department. Grasslands restoration projects are underway in other parts of the state, but have never been attempted in San Francisco County.

Precita Valley residents are requesting night lighting for Precita Park. The Coleridge Block Club has suggested developing a recreational area on the site of the vacant Mission Sports Center. Assistance for community gardens and the development of safe, off-street play areas are other topics likely to be brought before the Open Space Advisory Committee.

The Committee approved two local projects for the 1980 Program: repairs and resurfacing for the Bernal Playground and safety improvements to Bernal Blvd. \$144,000 has been appropriated for these projects. Approximately \$4.5 million will be available in the 1981 budget to renovate, acquire or develop park, open space and recreational facilities throughout the City. ■



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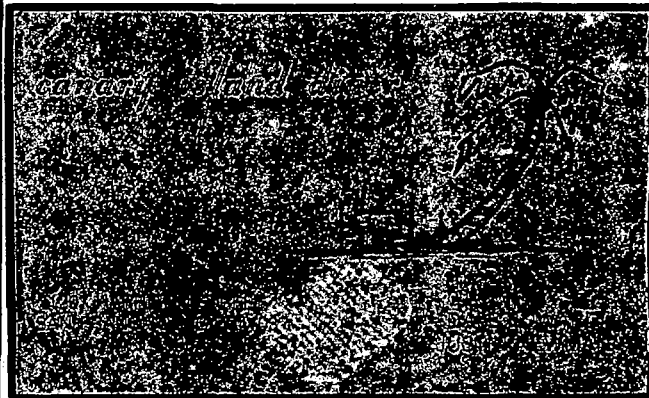
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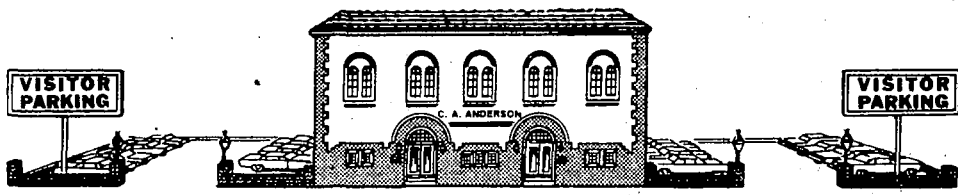


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Presidential Horserace

by R.J. Dutra

In the recent past, filling the presidency of the Bernal Heights Association has involved much arm-twisting accompanied by appeals to neighborhood pride and civic duty; but the 1980 BHA Elections turned into a real horse race.

Steve Birnbaum and Jim Bourgart announced their intention to seek the BHA presidency early on. Birnbaum mailed a letter to all BHA members asking for their support and giving his platform for an "activist" BHA. Bourgart also promised an activist BHA, but not a "politicized" one. He said that members of the Community Foundation (BHCF) had "injected a political and devious element" into the election.

A second mailing, sent out by the BHA Executive Committee, announced, "The loser in the presidential race will become the vice president," while the first mailer urged members to elect Kate Esposito vice-president and to vote absentee if they could not attend the meeting.

The two mailers brought out over 50 BHA members to the meeting (Sept. 18th), all eager to meet the candidates and hear what this unusual race was all about. Being "Bernalians" they, of course, had their own opinions.

BHCF NOTES

by Penny Polatsch

The first annual meeting of the Bernal Heights Community Foundation took place Sept. 8, 1980, reelecting its hard-working board. The officers elected were: Jeanne Hamer, president; Audrey O'Gilvie, vice-president; Penny Polatsch, secretary; Margaret Randolph, treasurer; and Miley Holman, Parliamentarian. A new board member, Kevin Williams, was voted to join the team.

The BHCF — which began two years ago out of the Northwest Bernal Block Club's long fight over speculation and unplanned development on the hill — is growing rapidly. Instead of having to defend our neighborhood's right for housing responsive to the safety, pocketbook, and diversity of the people who live here, the BHCF began the process of building the kind of housing no one else would build: low- and moderate-income housing, architecturally compatible with the surroundings, on safe streets with appropriate city services.

The BHCF, like other non-profit neighborhood housing development corporations in the City, is funded through HUD money distributed by the Mayor's Office of Community Development. The foundation is presently planning a general fundraising drive, but the accomplishments of the past two years have been made possible by these Community Development Block Grants.

The foundation has purchased two buildings, on Cortland Ave. for a Neighborhood Center, and has planned the development of four units of low-income housing on the east slope of Bernal Heights. Since the BHCF has been growing so rapidly, our focus has been on the internal workings of the new organization. One of the goals of this new year is to provide the hill with more information as to what the foundation is doing, how it works, and how Bernal Heights residents can take part in planning and building to meet the particular needs of the hill.

The BHCF office is at 399 Cortland Ave., open weekdays from 9:00-5:00. Call 647-4255 for information. ■

Democracy is time-consuming — there is all that free discussion. By numerous votes, the attending members set the procedures for elections, absentee ballots, nominating and the actual voting.

Pat Helton, out-going BHA president, kept the meeting moving by writing options on the blackboard to the various procedural questions. Pat — who had to cope with the *Mayor's Traveling Budget Show* when it met head-on with 300 skeptical residents at the January BHA meeting — calmly managed an orderly transition for the BHA.

Steve Birnbaum (Park St.) was elected president. Asked if he had any words for the *Journal*, Steve replied, "I'll be writing them."

Other officers are: Kate Esposito (Anderson), vice-president; Jerry Schwartz (Peralta), treasurer; Betty Kilich (Mullen), recording secretary; Barbara Moorman (Park), corresponding secretary; Lil Kruse (Alabama), membership committee; Jerry Vail (Mullen) and Greg Catani (Coso), members-at-large; Pat Helton (Banks) and Rex Coultas (Peralta), presidents emeritus. ■

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CANDIDATES NIGHT
Thursday, October 16, 7:00 p.m.

St. Kevin's New Hall (Anderson near Cortland)
See SF's largest collection of supervisorial candidates
Refreshments will be served.

B.H.A. Update

by Steve Birnbaum

This past month has brought me the privilege of being elected president of the Bernal Heights Association. It has also brought with it the end of Pat Helton's excellent leadership of the organization. I think that all BHA members and all that know her applaud her hard work and great energy over the past year and join with me in hoping that she continues to work for the BHA in the future.

Now for my plans. First I want to reacquire you with the stated purpose of the BHA as written in its constitution:

"The purpose of this corporation shall be to secure for our own neighborhood the benefits to be derived from united efforts to maintain and improve the physical and cultural standards and facilities of this neighborhood."

Next, I want to say clearly that I not only accept this purpose as my guide, but that I totally agree with it.

In order to carry out this purpose, the Executive Committee will have to address a key phrase, that of "united efforts." Our job is to bring the neighborhood together and to reach out to the north of the hill as well as the Holly Court projects, to seniors as well as youth and to those long-term residents as well as new people who are just arriving in our neighborhood.

I intend to provide energy and leadership towards that goal and ask for all the help that you can give me. I invite you to call or write to me with your comments and ideas. I can be reached at 648-0830 or through the BHA c/o the Bernal Heights Library at 500 Cortland Ave.

Don't forget to check the mailing label on your *Bernal Journal* to see if your membership has expired! ■

Precita News

7

In order to better serve the community, the Precita Valley Center is presently soliciting program participants, contributors, volunteers and new ideas for its FRIENDS OF PRECITA CENTER campaign.

Built by residents in 1922 as a youth recreation facility, the Center has been in continuous operation for nearly 60 years. While it still remains largely youth-oriented, activities and uses are being programmed for all ages.

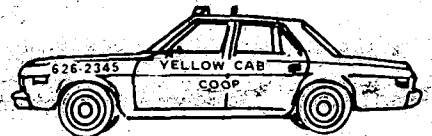
Beginning in 1976, federal revenue sharing funds were successfully sought for a major expansion and rehabilitation of the Center. The public was invited to tour the expanded facility at a gala open house celebration Sunday, Sept. 28th.

A variety of programs serving pre-schoolers, seniors, youths and adults is being developed for the Fall '80 Program opening this month. New Program Planning Board members, new uses, new programs and new projects are also being discussed.

You too are invited to become a FRIEND OF THE PRECITA CENTER to help us plan community programs to meet the needs of the 1980s. Please call the Center (285-7833) with your ideas or drop in and ask Carole or Bob for more information. ■

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☐ \$ or ☐ Work/Barter Pledge in place of money.

Name

Address

Phone

Special Interest?

Send to:

Jerry Schwartz
77 Peralta Avenue
SF, CA 94110



Harvey

Bring a Picnic!

Thanks to the Department of Public Health's stringent regulations and an expensive insurance bond, we didn't want to bite off more than we could chew this time around and allow food booths at the fair this year. (*Do I smell a pun here, Herb?*)

The more we thought about it, the more we liked the idea, feeling the commercialism might detract from the spirit of the fair. Besides, home cooking is always the best. So bring enough for your family and friends. Trade with your neighbor. AAAaahh! I can smell the lumpia now! ■

Dance to the Music

The hidden beauty of Bernal Heights lies in the diversity that exists in our people. One of the main reasons we're having the Festival is to celebrate that diversity. SO COME! In all the glory that your motherland can inspire! Dress in your native garb or that of your ancestors. Bring your music, your poetry, your food, your art and let us celebrate that which is Bernal Heights . . . YOU! ■

Volleyball, Anyone?

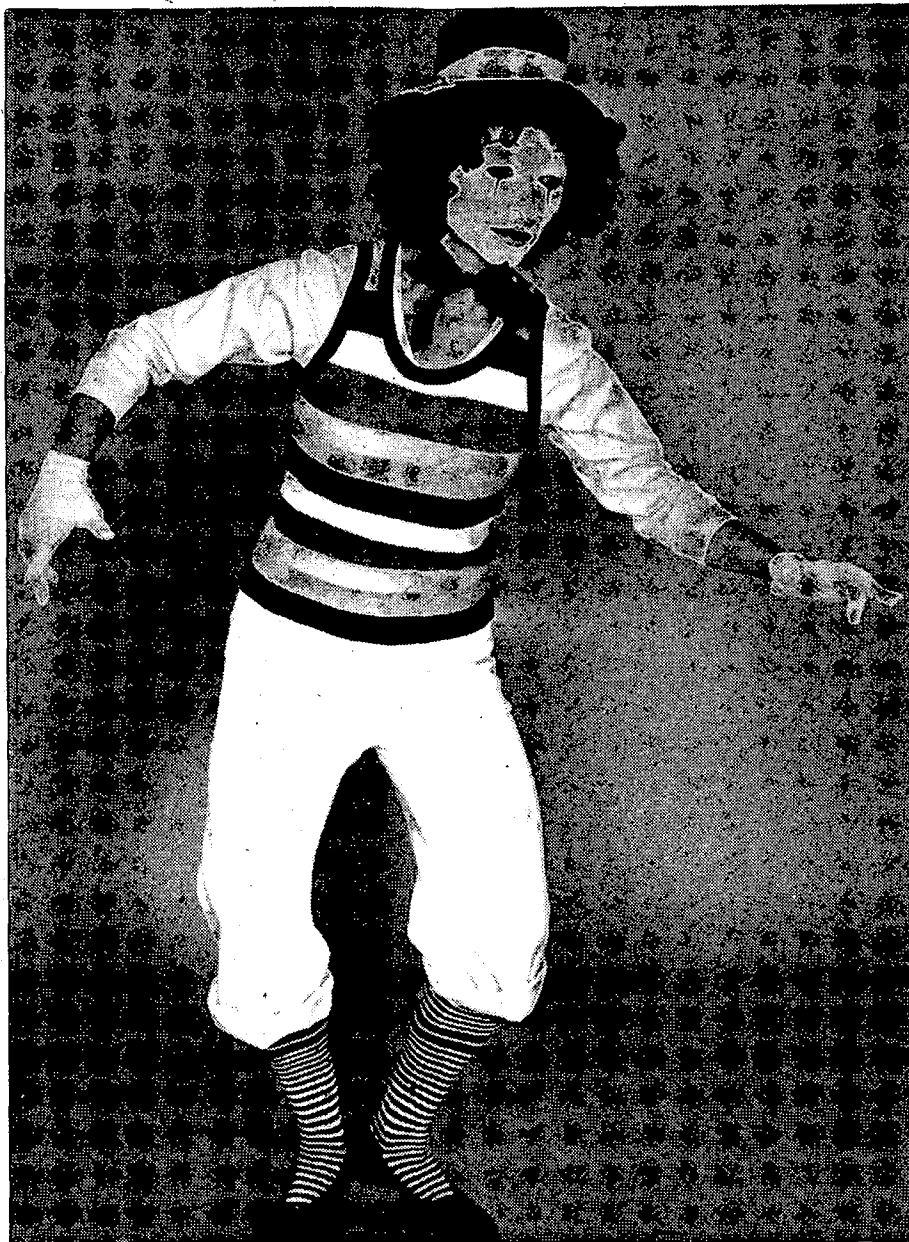
Volleyball games will be organized throughout the afternoon, starting at 1:00. If you would like to play, please wear sneakers as Parks & Rec would like to see the tennis courts preserved. (You know how well they're maintained these days.) So practice up on your serve and get ready to sock it to us at the Bernal Folks Festival. ■

by Kate Esposito

"Live From New York!?!?" No, try again . . . Live from Holly Park! It's THE BERNAL FOLKS FESTIVAL! We've got it and it's gonna be hot. For instance, have you heard of **Formula Fed** with Marvin Boxley on guitar who's played with Esther Phillips and Babatunde and Phenomena or Mike Eggleston on bass coming from Loading Zone, Mel Martin and Listen and Denny Zietlen or Jose Najera, percussionist who's played with Azteca, Jim Vincent Band, Merl Saunders, Billy Cobham and Babatunde and Phenomena. If you haven't, it's about time. All these folks live on Mullen Ave. and that block must SWING!

The Brass Knights of Bernal Heights — *awwrrright* — is one of the newest seven piece bands to come out of the Mission District in the 80s. Original in sound with funky Latin Rock and Roll roots, "It reflects the times and neighborhood we live in." Band members are Juan Montilliano (vocals, congas and flugelhorn), Arthur Stevens (trumpet), Al "Hassen" Wardlow (trombone), Fred Sharp (bass guitar), Richard Sequois (vocals, timbales), and David Ruiz (organ and fender rhodes).

Phaze II is bound to make you groove! The band evolved from two former bands, "Destroyer" and "Maker." They performed for the Bernal Heights Youth Music Festival on Aug. 30. Their members include Kirk Bowman (bass, vocals), Mike Biancalana (rhythm, lead guitar), Jay Biancalana (bass, vocals), Joe Biancalana (rhythm and lead guitar), Tony Biancalana (lead vocals), and Jed Zois who joined the band from Red Eye (on drums). Word is out that the drum set alone is 13 pieces. It brings them good luck.



Gaetano the Mime

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Entertainment

Brothers Band originated on the u, Hawaii playing in local clubs, at y of Hawaii and Diamond Head als. They were the first rock band f-hour musical special on Oahu yne, "King" Albert and Larry Giles ith drummer David Guzman in SF turn to the mainland in 1975 and forming in local clubs, Golden Gate and San Jose County Fairs. Their o-Filipino Rock, afro rhythms Filipino-Spanish melodies driven chord formulas, definitely "high" Care to dance?

cita Valley, **Kashmir** is a powerhouse Joseph Fradella (guitar section and k Fradella (electronic keyboards, nd vocals), and David O'Connor percussion). They are ready to latest works." Could this be art? ays old you were told about the t then, along came the Crunch. . I am We." What more can be vey brothers Doni, Regi and Chris ying music together since 1978. and vocals) is not unfamiliar to industry. His credits include work l," "The Spy Who Loved Me" nd "Liberation Struggle." He has ova, Gary Boyle and Tapper Zukie. nd vocals) is coming from Straight (later Stratus) which has been a t for the Grateful Dead, Hot Tuna, rbie Hancock, Ray Charles and the others. He has also recorded with v: Chris (bass and vocals) played it Phonk/Stratus and is considered mentalist playing sax, bass, guitar, yboards. (PHEW!!) All of these ngers/composers for the band. . .

HAT'S NOT ALL FOLKS!

ry Temple **Sunshine Band**, whose e in age from three to 12, will open 0:00 A.M. on the 11th followed Victory Temple Youth Choir. They nd joy of Elder Joe Nobles and the the Victory Temple Congregation ve.

rt, Bernal Heights comedian, will r the Ceremonies. Don plays local g the Other Cafe and Holy City Zoo. on. Your work is cut out for you. l and **Etta Hallock**, you nostalgia Jitterbug King and Queen of San ere are my saddle shoes?

sisters June, Balepa, Ronita and us exotic dance from the Samoan ages range from 6 through 13. ith dances rhythm tap and makes y we ever gave up dance lessons.

f all ages, **Gary Schnell**, puppet aturing "A Dog Day Afternoon" n, the Quick Witted Host on IUT TV. You can't get that channel Office. Gary is one of SF's original nd performs regularly at Ghirardelli e-Cannery.

or a quiet experience in the midst e? **Gaetana the Mime** will help you performed in many Bay Area fairs ncluding Noe Valley Street Fairs nal Heights fairs. She's performed ghborhood Center for the Arts and directed and starred in "A Show-Masque and Music" at the Josephine

Randall Theatre.

Earl Rainey, our local volunteer black belt karate instructor, will demonstrate techniques in the martial arts. Earl teaches karate at the Bernal Gym free of charge, Thursday evenings at 7:30 P.M.

We'd like to thank all artists for volunteering their time and energy for our neighborhood effort. Keep an eye out in the next *BJ* for their upcoming performances.

Well, everyone . . . **BREAK A LEG!** ■



CRAZY! The Jitterbug King and Queen of San Francisco!
Appearing at the 1980 Bernal Folks Festival.

Recycle Your Stuff!

Did you know that it only takes 5% of the energy to recycle an aluminum can than it does to make a new one? Do you really know how to bundle your newspapers before you take them to the Farmer's Market between 9 and 2 on Saturdays? If you've answered yes or no to either of these questions, then you're in for a treat. The **Bernal Recycling Center** will answer any and all questions regarding recycling tin, aluminum, newspapers and glass at the Bernal Folks Festival. **CHECK IT OUT!** ■

Cardco's OK!

Once again, we are gratefully indebted to Cardco Business Forms at 1501 Cortland Ave. for the donation of poster and flyer paper. They saved us an incredible amount of money. Bob Schaeffer, Sr. is the culprit who gave us the goods. So, if you need any office or business forms at any time, call them. Tell Bob the *Journal* sent you! ■

Kids, Kids, Kids

by Violet Hanada

Can you imagine seeing a cup talking, or a can walking or dough playing? These amazing feats will be only part of the fun at the children's activities area of the Bernal Folks Festival. Other items to grab your fancy will be the storytelling time, mosaic bean painting, kite making and a funny face contest. Our "Creature Feature" event involves making caterpillars out of egg cartons. And balancing out the day, how about constructing a simple mobile?

There are still other surprises to unfold. We will offer something for all age groups and heartily encourage parents to attend with child in hand to share in the enjoyment.

If the line-up of coming attractions has exhausted you already, be assured that there will be a time-out area set aside for rest and recuperation for children, parents and volunteers. Groundcloth and blankets will be provided to make the place as comfortable as possible, but no overnight accommodations will be available.

We still need more volunteers to help supervise the festivities. If you are willing to share in the fun and frolic in the park on the 11th, please call Violet at 648-7091. **SEE YOU THERE!** ■

Poor but Honest

Neighborhood organizations and non-profit service organizations are invited to set up free informational booths at the Festival. Contact Jeanne at 285-3425 before it's too late, Tues. ■ Oct. 7.



Lee Egger

by K.M. Esposito

"Have you been waiting for the return of the mini-skirt for too long now? Time to give up the cause? Remember, one woman's misfit may be another man's delight!"

The time to liberate your garage has come! Rid yourself of all that chazarai once and for all for only \$10 in Holly Park on Oct. 11. Booths for both the flea market and crafts fair are still available (actually, you bring your own booth, we sell the turf). Jeanne will tell you all about it, but please call her by Tuesday, Oct. 7, at 285-3425 or send \$10 to 150 Elsie St. with your name, address and phone number and what you plan to peddle. Make checks payable to "Bernal Folks Festival." NOOOOoooooo marijuana samples, PLEASE!

In order to get to know each other better, please have a sign on your booth or other identifiable symbol and bring any organizational literature to inform the community at large. ■

Precita Eyes Muralists

by Barbara Kosman

Some people in Bernal Heights have a vision. Susan Cervantes, founder of the Precita Eyes Muralists, can literally share hers. The mural on the front of the Bernal Heights Library is part of that vision. Called "Every Child is Born to Be a Flower," it is a fantasy of bright colors and images of children, flowers, trees and other growing things expressing the wonderful potential of children. The theme was conceived and painted by Precita Eyes Muralists Kit Davenport, Pat Stallings, Denise Meehan, Judy Jamerson, Barbara Kosman, Greg Edwards, Tom Gaviola, Star Carroll-Smith and Susan Cervantes. Most of the artists who worked on the mural are from Bernal Heights.

How is a mural conceived? After a theme is decided upon, each person works on her or his own drawing to scale. Then a composite drawing using the individual drawings is orchestrated into one design to create the mural. Everyone in the group must be satisfied with the final design. The drawings are enlarged and drawn on panels. Each designer paints her/his own part of the design on the panels.

History

The Precita Eyes Muralists evolved from a mural painting workshop held at the Precita Valley Community Center in 1977. The original members, mostly residents of Precita Valley who were involved in the workshop with Susan, decided to become a group at that time. The goals of these dedicated painters were and still are to enhance and beautify the environment with murals, and to encourage community participation. Thus the original collective was formed. The first mural produced under the name of Precita Eyes Muralists was the portable mural called, "Masks of God, Soul of Man," exhibited on the Bernal Heights Library in 1978.

The Primal Sea

The mural on the front of the Garfield Park Swimming Pool, called "The Primal Sea" was completed in May of this year. The theme, decided on by staff and users of the pool and recreation center, represents swimming education and undersea life. All peoples in the community are represented. On the left side of the entrance is the "Garfield triangle," inspired by swimming instructor Arletha Sieffert, representing swimmers demonstrating various strokes and dives in the air. The person in the center is embracing the sun — an homage to radiance. The dancers around the sun are the San Francisco Merriettes, the famous water ballet dancers who practice regularly at the pool.

On the other side, "The Primal Sea" depicts New Neptune with the sign of peace in his right hand and the thunder trident in his left, surrounded by the cycles of the moon and an enormous blue whale. Also in the mural are Jules Verne's submarine "Nautilus," and Jacques Cousteau's exploration ship "Calypso." A giant octopus surrounds a skull wearing a derby; this was left by a neighborhood graffitist and painted in by the muralists. Swimming along the bottom of the sea are colorful fish painted by neighborhood children. A truly magnificent work!

Many of the individual muralists are also responsible for the monumental and colorful murals in the Mission District, such as the one on the front of the Precita Valley Community Center (1974) and the beautiful and imposing murals on the walls of Le Conte School called "Family Life" and "Spirit of Mankind" (1977). In 1978 the group was commissioned to paint

(continued on page 14)



Karen Schlesiger and Tony Parrinello discuss painting technique for portable mural.

Judy Jamerson

Food for



Thought

by Laurie Green

On July 19th, the Cortland Headstart Food Coop officially opened its membership to the Bernal Heights community. The food club began last spring with parents of children in the Cortland Headstart program. Members decided to encourage other Bernal Heights folks to join in order to bring more membership stability to the club. The progress since mid-July is exciting; over 25 people have joined the club, which is now buying produce every week, cheese every two weeks, and staples once a month.

The food coop is really just a neighborhood bulk food buying operation. Individual households need not buy in large quantities; when everyone's orders are put together, they add up to the sufficient bulk amounts. One purpose of the club is to save people money on their food bills by eliminating middlepeople, or bringing the consumer closer to the farmer. Also, people are learning more about how the food system works, where our food comes from, some nutritional information and how to become more self-sufficient at the beginning of a decade that promises extreme inflation in food bills.

The way the club works is simple. The work is done on a cooperative basis with each member or household contributing two hours of time each month. Members drop off or call in orders to one

person on Monday. The orders are compiled and on Wednesday, two people buy food from wholesale warehouses (the San Francisco Produce Terminal and the Farmers Market on Alemany). Later that day, two more people divide the food into individual orders, which are picked up by members between 4:00 and 6:00.

One food coop member picked up his produce order, which cost \$4.32, and went to Brentwood supermarket to compare how much he would have spent for the same food, bought at Brentwood. His bill would have cost \$2.50 more plus sales tax, or over half again as much.

Plans for the next few months include expanding purchases and purchasing power. The club hopes to add dairy products, bread, poultry and meat to its list. As members join and orders build up, the coop is able to buy more food, and less work is required by everyone. ■

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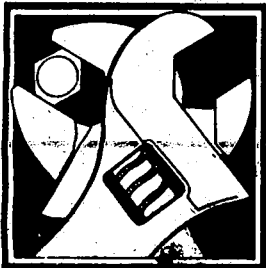
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WITH THIS AD

12 What Was It Like In 1750?

In April 1973, the title to Bernal Hilltop was legally transferred from the Department of Public Works to the Recreation and Parks Department. At that time the neighborhood residents requested that any efforts concerning this portion of the hill be directed toward restoration to a natural state resembling what had existed there prior to the arrival of the first Europeans.

What was San Francisco like in 1750 before Spanish colonization? (I am indebted to Bernal resident Miley Holman for his assistance with the following historical hypothesis.)

San Francisco was a less arid place before landfill, and before channelization of its river and creek systems accelerated runoff. Drifting sand from the extensive dunes in the western half of the city had caused blockage of drainage channels, forming large freshwater lakes. Lake Merced, Pine Lake, Mountain Lake, and Laguna Honda were the largest. The relatively small inlet that we call China Basin was a large bay, extending far inland, into which Mission Creek drained. Islais Creek ran well into the Alemany gap, providing drainage for both Mt. Davidson and McLaren Park. One large stream flowed from Twin Peaks down the San Miguel Hills; a trace of it can still be found in Glen Park below McAteer High School. Army Street was also a creek. Like much of California, large areas of the Mission District flatlands were freshwater marshes. Along the bayshore were numerous salt marshes.

The area that is now San Francisco is estimated to have been populated by 200 to 300 Costanoan Indians. They lived in several small village groups, varying in size, but probably averaging five or six families. They procured their livelihood by hunting and gathering and, besides the more permanent village sites, occupied seasonal fishing and hunting



Stipa pulchra

camp. One of the largest permanent villages was in the Hunters Point area. Others have been excavated along the bayside near the southeastern hills, in the arroyos of the San Bruno Mountains, and in the vicinity of the Farmers' Market near the freeway interchange. Seals and shellfish were

collected from temporary camps around Land's End (the Cliff House and Sutro Bath area). Ocean use was dependent on favorable tides. Elk, deer, antelope, waterfowl, fish, and shellfish were abundant.

San Francisco's only trees were a few scrubby oaks and dwarf bays in the arroyos, so acorns were not a staple. Grasses were plentiful, and their seeds were collected from the dry meadows of the area's several hills.

The hilltops of San Francisco were perennial grassland communities. Unlike annuals, in which the parent plant dies off at the end of each growing season, perennials continue to live, producing new seed each year. Such plants have large complex root systems which prove extremely effective in curbing erosion. Approximately 20 different species grew here.

Surprisingly, despite the changes that have been wrought on the habitat, at least five species of native perennial bunchgrass persist on our hilltop, and the seeds of several others are readily available from comparable sites. Native bunchgrasses that have been seen on Bernal Hill this year include *Elymus glaucus*, a blue wild rye; two species of fescue: *Festuca idahoensis*, which exists here at the southwestern edge of its range, and *Festuca rubra*, red fescue; *Koeleria cristata*, a beautiful soft Junegrass; and a large stand of *Stipa pulchra*, purple stipa or California needlegrass, on the north slope. This last species derives its common names from the fact that its dry flowers often have a purplish cast and long needle-like awns. Stipas are abundant seed producers and are especially valuable in erosion control.

It is possible to encourage conditions that would be advantageous to the long-term survival and increased success of such species, thus preserving and restoring one of the few remaining links with the history of our region. ■

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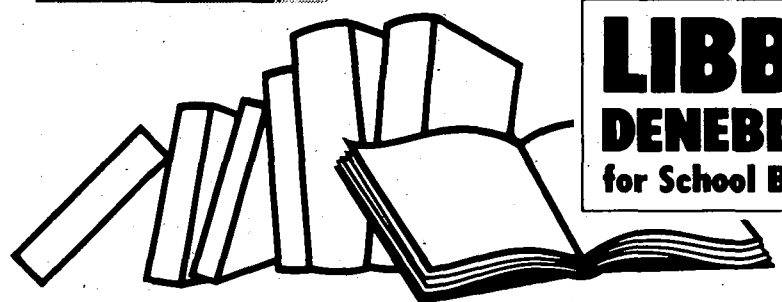
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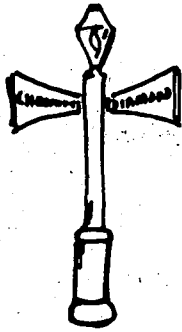
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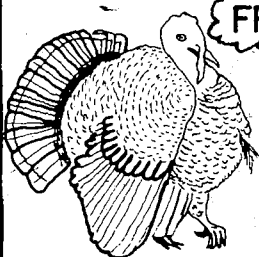
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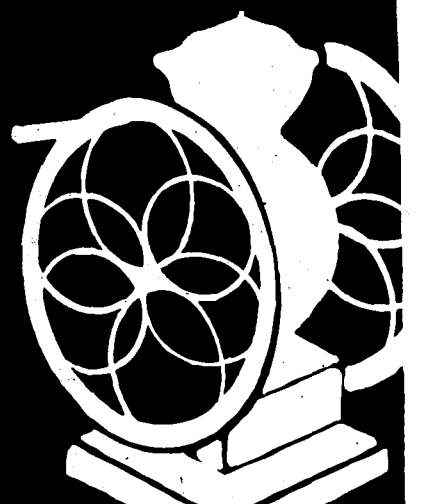
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Precita Eyes

(continued from page 10)

the front of China Books on 24th St., inspired by Chinese peasant paintings. Instead of depicting only Chinese people, the muralists decided to include people from *all* cultures. They wanted the people of the community to see *themselves* sharing their resources.

Portable Murals

In addition to the above, the group has been expanding its work of portable murals. A portable mural is painted on four 4x8 foot plywood panels with permanent materials. The purpose of painting on the panels is to make the murals easily transportable, so that they may be installed at a particular location for a limited period of time. The murals are rented to various institutions and agencies in the community for a nominal fee. The panels can be installed on all types of interior and exterior walls from two to four months or more. They provide a low-cost method of enhancing and beautifying the community. Fees support Precita Eyes Muralists, a non-profit organization.

Workshops

Precita Eyes Muralists is giving a series of workshops in their new mural center at 3000 Folsom St. (formerly Cogswell College). The purpose of the new center is to provide workshops for people who want to develop their own personal growth through visual arts and mural painting.

Workshops given are: Mural Painting, Drawing City Life, The Feminine in Painting, Painting for Spiritual Awareness and Mural Walks guided by the muralists. Write or call for a free brochure: 398 Precita Ave., San Francisco, 94110. Phone (415) 285-2287. ■

Health Center (continued from page 3)

New programs include: support groups for women who have had or are contemplating hysterectomies, and a support group for women who have had mastectomies, made possible by a grant from the American Cancer Society.

The cost of a two-hour class is usually \$5 (or work exchange), although "Fertility Awareness" costs a little more due to the additional materials and follow-up time necessary. All classes may be taken by nurses for Continuing Education credit; two or three workshops per month are designed specifically for this purpose. For information on hours and classes, call 282-6999.

The Center also offers low-cost literature on a variety of topics related to women's health care. Films and slide-tape shows are available for rental and sale. Women are encouraged to use the Center's resource library and health care provider referral file. There is also a quarterly newsletter, due in November.

Women working at the collectively-run Center currently range in age from 21 to 64. Volunteers are always welcome to answer phones, teach classes, and research medical information. Supporting membership in the San Francisco Women's Health Center is \$15 or \$25 per year (\$10 low income rate); Friends of the San Francisco Women's Health Center donate \$50 and up.

On Saturday, Nov. 15, the Center is sponsoring a health fair to celebrate their new offices. Hours are from 10 to 4. Many women's health care groups will participate. There will be food for sale, movies and slide shows, and demonstrations of health care techniques. Admission is \$1; children under 12 will be admitted free. ■

Supe (continued from page 5)

The major media in this city have always opposed district elections. I expect them to do so again this election — with a vengeance. The only way I will have an opportunity to talk to the people of San Francisco about district elections is as a candidate for Supervisor.

This November, our city's future rests in the balance. If the Chamber of Commerce wins, San Francisco will proceed rapidly in its development as a tourist mecca and corporate headquarters, with downtown commercial highrises taking over the Western Addition, the South of Market, the Waterfront and Chinatown. Our neighborhoods will be relegated to the role proposed by the *Chronicle*, — quaint, renovated and sanitized "appendages of San Francisco's basic commercial center."

Yes on N

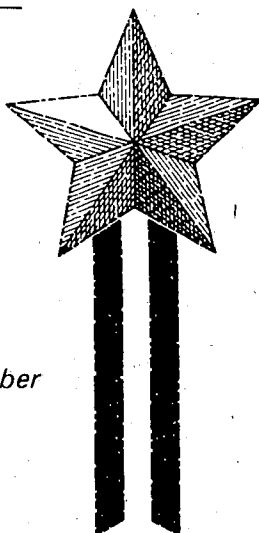
This November, District Election of Supervisors will be on the ballot. I support it totally. I will campaign for district elections everywhere I go and on every piece of literature I distribute. I want to continue to be a district Supervisor because I know that the district system serves the people who live here better than city-wide Supervisors ever did, or could.

I do not claim that this district Board has solved all the City's many severe problems or ended extraordinary downtown influence. But I *do* know that in only nine months in office, I for one have begun to make progress in this direction. If supervisors are not to be elected by district, then I will continue to work on these problems as a city-wide Supervisor. But work on them I will. ■

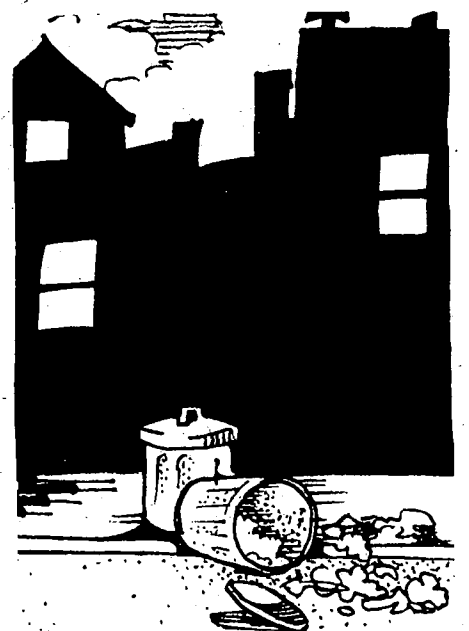
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